

**WE CLAIM:**

1. A compression post for a shear wall positioned on a structural support, the compression post comprising:

a plate mounted to a lower end of an end post of a shear wall, the plate having dimensions selected to conform to the lower end of the end post; and

an extended portion positioned generally perpendicular to the plate, the extended portion having at least one dimension selected to fit through a hole in a mudsill of the shear wall and having a length selected to conform with a thickness of the mudsill such that when the shear wall is mounted on the structural support, forces applied to the end post are communicated via the plate and the extended portion to the structural support.

2. The compression post of Claim 1, wherein the extended portion is secured to the plate.

3. The compression post of Claim 1, wherein the extended portion is secured to the plate by at least one weld.

4. The compression post of Claim 1, wherein the extended portion is secured to the plate by press fitting an end of the extended portion into a recess in the plate.

5. The compression post of Claim 1, wherein:

one end of the extended portion is threaded;

the plate includes a threaded bore; and

the threaded end of the extended portion is engageable with the threaded bore to secure the extended portion to the plate.

6. The compression post of Claim 1, further comprising:  
an endcap on at least one end of the extended portion, the endcap  
having a bore there through;  
a threaded bore in the plate; and  
a bolt sized to extend through the bore of the endcap, the bolt  
having a threaded end engageable with the threaded bore in the plate to  
secure the extended portion to the plate.

7. The compression post of Claim 1, wherein the extended portion  
and the plate comprise a cast unitary body.

8. The compression post of Claim 1, wherein the extended portion is  
cylindrical and the at least one dimension is an outside diameter.

9. A shear wall mountable on a structural support, the shear wall having a first end, a second end, a bottom and a top, the shear wall comprising:

a mudsill at the bottom of the shear wall;

a double top plate at the top of the shear wall;

a plurality of studs positioned between the mudsill and the double top plate;

a first end post at the first end of the shear wall, the first end post having a lower end;

a second end post at the second end of the shear wall, the second end post having a lower end;

a structural sheet mounted to the mudsill, the double top plate, the studs, the first end post and the second end post to form a rigid structure; and

a first compression post positioned at the lower end of the first end post and a second compression post positioned at the lower end of the second end post, each compression post comprising:

a plate mounted to the respective lower end of the respective end post, the plate having dimensions selected to conform to the lower end of the end post; and

an extended portion positioned perpendicularly to the plate, the extended portion having at least one dimension selected to fit through a hole in the mudsill and having a length selected to conform to a thickness of the mudsill such that when the shear wall is mounted on the structural support, forces applied to the end post are communicated via the plate and the extended portion to the structural support.

10. The shear wall of Claim 9, wherein the extended portion is secured to the plate.

11. The shear wall of Claim 9, wherein the extended portion is secured to the plate by at least one weld.
12. The shear wall of Claim 9, wherein the extended portion is secured to the plate by press fitting an end of the extended portion into a recess in the plate.
13. The compression post of Claim 9, wherein:
  - one end of the extended portion is threaded;
  - the plate includes a threaded bore; and
  - the threaded end of the extended portion is engageable with the threaded bore to secure the extended portion to the plate.
14. The compression post of Claim 9, further comprising:
  - an endcap on at least one end of the extended portion, the endcap having a bore there through;
  - a threaded bore in the plate; and
  - a bolt sized to extend through the bore of the endcap, the bolt having a threaded end engageable with the threaded bore in the plate to secure the extended portion to the plate.
15. The compression post of Claim 9, wherein the extended portion and the plate comprise a cast unitary body.
16. The shear wall of Claim 9, wherein the extended portion is cylindrical and the at least one dimension is an outside diameter.

17. A method of reducing the lateral movement of a shear wall during a seismic event or a wind event, the method comprising:

constructing a shear wall having a first end post and a second end post mounted between a mudsill and a double top plate;

positioning a respective compression post proximate a lower end of each end post, the compression post having an extended portion that passes through a hole in the mudsill; and

positioning the shear wall on a structural support with respective exposed ends of the extended portions of the compression posts resting on the support such that forces applied to the end posts are communicated to the support via the compression posts rather than via the mudsills.